



Employee and Prof of the Year pg. 2

Glengarry Glen Ross coming Feb pg. 5



Get Involved

Sweet Treats Stop

First Wednesdays
9:00-10:00 a.m.
Student Life Center, 2nd Floor

3-on-3 Basketball League

Team registration period:
21 January - 14 February
Register at the Student Life recreation counter. Games will be played on Tuesdays from 12 p.m. - 1 p.m. in the GC Gymnasium. Registration information and rules are available by asking the attendant on duty. Games start 25 February. A minimum of four teams is necessary for the league to make.

Spring Student/Employee Wellness Fair

Tuesday, 4 February,
8 a.m. - 12 p.m.:
Agency & Club Displays
8 a.m. - 3 p.m.: Blood drive
Life Center 2nd floor/bridge
Students and employees are invited.

Spring 2014 Student Leadership Series

Fourth Mondays
(24 February, 24 March, 22 April)
12:15-12:45 p.m.
LA 107

Free to all students and employees. This 30-minute informal speaker series gives students an opportunity to listen and interact with business leaders in our community. Hearing their success stories and words of advice are inspirational and motivating to those who attend!

Karaoke

Thursday, 6 February,
11:30 a.m. - 1:00 p.m.
Life Center/Food Court-Community Room

February "Late Night Food Event"

Monday, 10 February,
9 p.m. - 10 p.m.
Life Center Food Court
Mexican food will be served compliments of Great Western Dining Service and Student Life.

Ping Pong, 8 Ball, Foosball And Video Games Tournament

Registration period:
18 February - 1 March
Tournament play begins 18 March. Tournament information is available by talking to the attendant on duty at the Student Life counter. Tournament play ends 5 April. Personalized t-shirts will be awarded to the winners in each game category.

Student Government Association

First Mondays
12:15 - 12:45 p.m.
The HUB

BSM Luncheon

Wednesdays
11:45 - 12:30 p.m.
Baptist Student Union

BSM Bible Study

Mondays
12:00 - 1:00 p.m.
Baptist Student Union

Fellowship of Christian Athletes

Tuesdays
6:00 p.m.
Viking Residence Hall Main Lounge

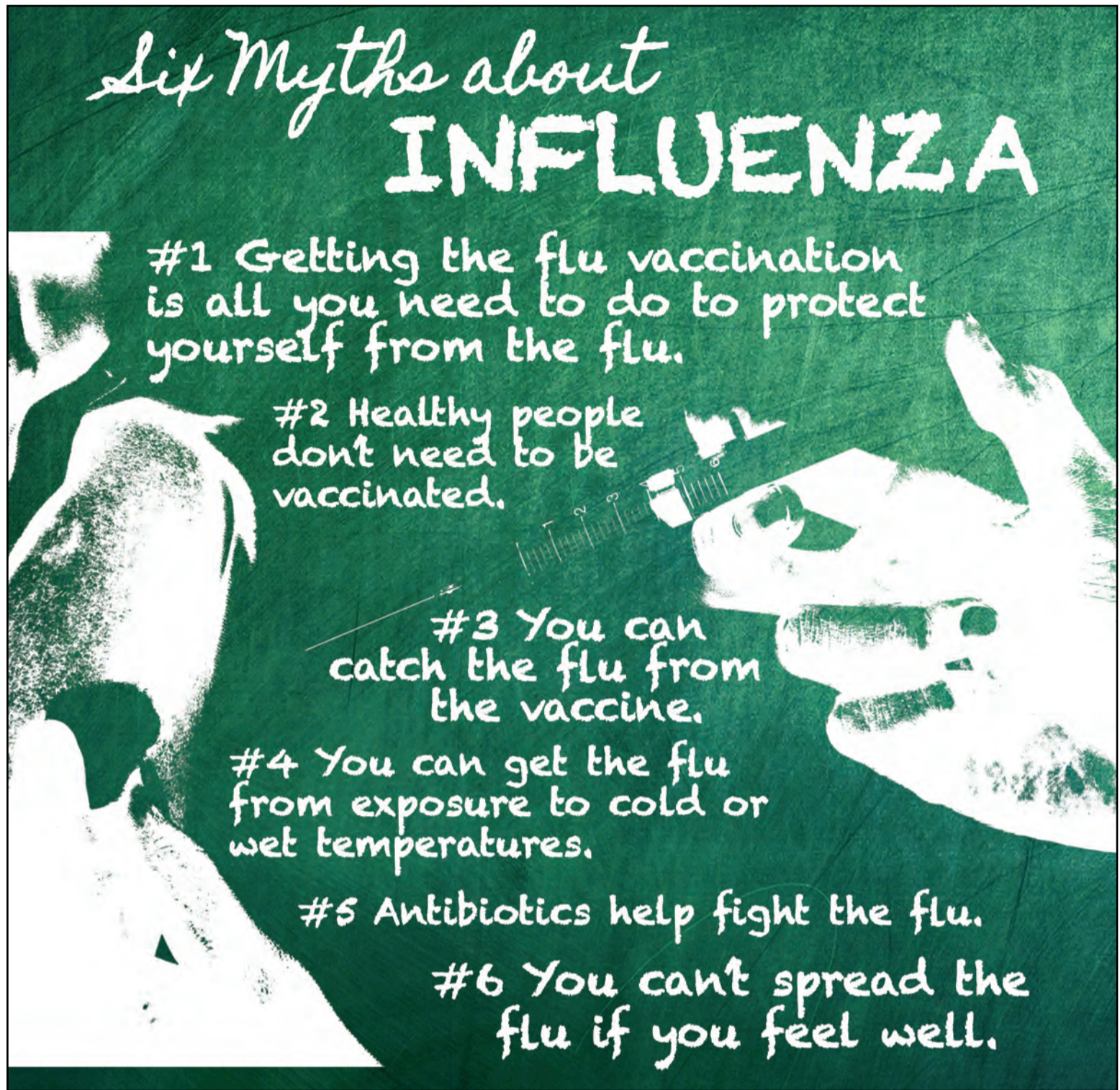
Men of Distinction

Thursdays
12:00 - 1:00 p.m.
The HUB

Sisters of Destiny

Mondays and Wednesdays
4:00 - 5:00 p.m.
The HUB

Flu preparedness: simple steps can save lives



Rebecca Jones
Editor

Would it shock you to learn that an influenza pandemic in the early 20th century may have been fatal to nearly five percent of the world's population? From 1918 to 1920 almost 500 million people across the globe were infected by a Type A H1N1 virus—a strain all too familiar to health care professionals today.

What made that particular strain so deadly? The answer is likely a chance combination of virus particles creating a strain mankind had not encountered. This triggered an outbreak across the globe, a scenario entirely possible in today's modern, jet-setting society.

H1N1, or 'swine flu,' made headlines in 2009 when cases reached a pandemic level worldwide. The term epidemic refers to a heightened number of cases, usually within the borders of a particular state or region. A pandemic is thus a kind of global epidemic on two or more continents.

According to the Centers for Disease Control and Prevention (CDC), influenza epidemics occur each year; we know them as the seasonal flu. Statistics from Google Flu Trends reveal that Texas, along with 30+ other U.S. states, reported especially high activity in December and early January.

Data shows that the incidence of reported cases in the state usually peaks around the beginning of February, which could mean a prolonged flu season for some Texans.

The H1N1 strain is notable for its participation in two lethal global pandemics, and its properties are nearly as infamous. While many flu viruses typically have the most damaging effects on the sick, elderly or pediatric, H1N1 specifically attacks those with healthy immune systems. As in the pandemic

of 1918, severe cases are being widely reported among young and middle-aged adults—likely a result of the virus's ability to incite a violently powerful antibody response, which can in turn cause harmful inflammation.

Influenza cases often turn deadly when accompanied with a secondary infection like bacterial pneumonia. GC Biology major Kambria Dansby battled this dangerous combination over winter break.

Dansby says she knew she was sick when her temperature began to rise. "Even taking ibuprofen and Tylenol as often as I could, I still maintained a 102.1° fever for three days that I could not break," she says.

Other symptoms of the flu can include body aches, fatigue, congestion, sore throat, cough, chills, headaches, even vomiting and diarrhea.

Dansby's bout with influenza lasted around two weeks, wherein she became ill with pneumonia and spread the flu virus to a close family member. She was treated with the antiviral drug Tamiflu several days after the onset of symptoms.

Unfortunately, though Tamiflu is one of our most valuable assets in treat-

ing those who have already contracted the virus, studies show that it has only been proven effective when administered within the first two days of infection and, according to physician-researcher David H. Newman, MD, has "no impact on symptoms."

The most successful treatment for influenza remains prevention. This includes traditional methods like social distancing, frequent hand washing to prevent the spread of germs, back-ups like Germ-X or other hand sanitizers, and of course early vaccination.

"Vaccines," says Michael Specter, a journalist for *The New Yorker*, "are the most effective instruments of public health in human history." However, the most common practice for virus cultivation today, growth in eggs, is unsustainable because of its reliance on egg procurement. That means that a decline in egg production can adversely affect the pharmaceutical companies we depend on for such vaccines. People with egg allergies should opt for the egg-free or cell-cultured virus vaccines.

Vaccine production begins with an analysis of the most prevalent strains of the flu virus circulating in the population. Vaccines are

called trivalent or quadrivalent depending on the number of strains they are meant to prevent.

This year's trivalent shots include two A-type strains, H1N1 and H3N2, and one B-type. It is important to bear in mind, though, that pandemic-level crises like the one that occurred in 1918 (before the advent of vaccines) were a result of a reassortment in the virus called an antigenic shift, meaning that two or more strains combined to create a new subtype. A vaccine cannot protect against novel strains.

This is why prevention and discretion are so important to keeping students, staff and faculty healthy. According to CDC.gov, if you do become ill the agency "recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities." Most adults shed (continue to carry/spread) virus particles from days before the onset of symptoms up to a week or more after symptoms disappear.

We can protect ourselves, our families and our peers by taking the necessary precautions to avoid the spread of influenza. ♥

Visit CDC.gov/flu for more info.

Spring 2nd 8 Week Session Classes

Course Number	Sec	Course Title	Days	Starts	Ends	Classroom	Instructor	Location
BIOL-1406	5NT	BIOLOGY 1				INTERNET	STAFF	2ND 8WK INTERNET
CDEC-1317	5NT	CHILD DEV ASSOC 1				INTERNET	STAFF	2ND 8WK INTERNET
CHEF-1314	501	ALA CARTE COOKING	W R	08:30AM	02:30PM	CA 108	BRYANT J	2ND 8WK MAIN CAMPUS
ECON-2301	5NT	PRIN MACROECONOMICS				INTERNET	STAFF	2ND 8WK INTERNET
EDUC-1300	5NT	LEARNING FRAMEWORKS				INTERNET	HARVEY K	2ND 8WK MAIN CAMPUS
EDUC-1300	5HY	LEARNING FRAMEWORKS	R	01:00PM	02:15PM	CIS202	KERMANIAN D	2ND 8WK MAIN CAMPUS
EDUC-1301	5NT	TEACHING PROFESSION				INTERNET	HARVEY K	2ND 8WK INTERNET
EECT-1407	5NT	CONVERGENCE TECH				INTERNET	MOORE F	2ND 8WK INTERNET
ENGL-1301	5HY	COMPOSITION 1				TBA	THOMPSON S	2ND 8WK MAIN CAMPUS
ENGL-1302	5NT	COMPOSITION 2				INTERNET	TAYLOR T	2ND 8WK INTERNET
GEOL-1401	5NT	EARTH SCIENCES 1				INTERNET	GIRARD D	2ND 8WK INTERNET
GOVT-2305	5NT	FEDERAL GOVERNMENT				INTERNET	FORD B	2ND 8WK INTERNET
GOVT-2306	5NT	TEXAS GOVERNMENT				INTERNET	STAFF	2ND 8WK INTERNET
HIST-1301	5NT	US HISTORY 1				INTERNET	STAFF	2ND 8WK INTERNET
HIST-1302	5NT	US HISTORY 2				INTERNET	STAFF	2ND 8WK INTERNET
INRW-0310	5HY	INTG READ & WRITE 1	M W F	11:00AM	11:50AM	SC 107	THOMPSON S	2ND 8WK MAIN CAMPUS
INRW-0320	5HY	INTG READ & WRITE 2	M W F	11:00AM	11:50AM	SC 107	THOMPSON S	2ND 8WK MAIN CAMPUS
MATH-0215	5HY	MATH LAB 1				SC 114	FORD D	2ND 8WK MAIN CAMPUS
MATH-0215	9HY	1 HOUR MATH LAB				SB 121	KHALAF M	2ND 8WK SOUTH CAMPUS
MATH-0215	5HY	MATH LAB 2				SC 114	FORD D	2ND 8WK MAIN CAMPUS
MATH-0215	9HY	2 HOUR MATH LAB				SB 121	KHALAF M	2ND 8WK SOUTH CAMPUS
MATH-0315	5HY	3 HOUR MATH LAB				SC 114	FORD D	2ND 8WK MAIN CAMPUS
MATH-0315	9HY	3 HOUR MATH LAB				SB 121	KHALAF M	2ND 8WK SOUTH CAMPUS
PSYC-1300	5NT	LEARNING FRAMEWORK				INTERNET	HARVEY K	2ND 8WK INTERNET
PSYC-2301	5NT	GEN PSYCHOLOGY				INTERNET	BOWEERS P	2ND 8WK INTERNET
PSYC-2314	5NT	LIFESPAN GROW & DEV				INTERNET	SUMRALL R	2ND 8WK INTERNET
RSTO-1304	501	DINING ROOM SERVICE	W R	09:00AM	03:00PM	CA 107	WEATHERLY R	2ND 8WK MAIN CAMPUS
SOCI-1301	5NT	INTRO SOCIOLOGY				INTERNET	STAFF	2ND 8WK INTERNET
SOCI-2301	5NT	MARRIAGE & FAMILY				INTERNET	STAFF	2ND 8WK INTERNET
TECA-1354	5NT	CHILD GROWTH & DEV				INTERNET	QUONG J	2ND 8WK INTERNET
WLDG-1421	501	INTRO WELDING FUND	FS	08:00AM	05:00PM	CTC	SHANNON G	2ND 8WK MAIN CAMPUS
WLDG-1430	501	INTRO MIG WELDING	FS	08:00AM	05:00PM	CTC	SHANNON G	2ND 8WK MAIN CAMPUS

Vice President of Student Services Dr. Regina Organ would like to remind everyone of the classes that Grayson College will be offering during the 2nd 8-week session. These "half-session" classes meet from 24 March through 15 May and include the classes listed to the left.

For assistance, please come to the Counseling Center or check with your faculty adviser for course selection. Registration for these courses is now open. Late registration is slated for 17-20 March (\$75 late fee). The last day to register will be 20 March, 2014.

Speech Club

Every other Wednesday
3:00-4:00 p.m.
The HUB

**Writers Unlimited/
Sigma Kappa Delta**

14 February, 21 March,
18 April
12:00-1:00 p.m.
Writing Center (Lib 110)

Phi Theta Kappa

Wednesdays
12:30-1:00 p.m.
LA 202

Dental Assisting

Wednesdays
1:00- 2:00 p.m.
The HUB

GC Fitness Center

GC students and employees
are eligible to use the facility.
Electronic check-in and valid
GC ID required.

Welding Association

Every other Tuesday
12:00-1:00 p.m.
The HUB

**Vocational Nursing
Student Association**

Tuesdays
12:00-1:00 p.m.
South Campus

Cultural Diversity

First and Third Thursdays
1:15-2:15 p.m.
The HUB

Clay Club

Tuesdays
6:00-6:30 p.m.
AC 120

**Eta Sigma Delta
(Culinary Honor Society)**

Second Wednesdays
2:30 p.m.
CA 118

Student Ambassadors

Third Mondays
12:00-1:00 p.m.
Lounge outside the HUB

**HALO (Hispanic
American Leadership
Organization)**

Mondays
2:30-3:30 p.m.
The HUB

Delta Phi Delta Art Club

First Wednesday
11:45 a.m.
AC105

**Grayson Nursing
Student Association**

Thursdays
5:00-6:00 p.m.
The HUB

Psychology Club

Tuesdays
12:15-12:45 p.m.
CIS 202

Table Tennis Club

Tuesday & Thursday
12:00-1:00 p.m.
The Life Center, 2nd floor

Cosmetology Club

Mondays
3:45 p.m.
CTC classroom

Criminal Justice Club

Tuesday
12:00-1:00 p.m.
CJ 101

Future Educators

Every other Tuesday
2:00-3:00 p.m.
CIS 200

**TIPSS (Culinary Arts &
Hospitality Management)**

Fourth Monday
2:00-3:00 p.m.
CA Building

**Veteran Student
Association**

Contact Cindy Powell for
details: 903-463-2606

GC Music Club

Every other Friday
12:00-1:00 p.m.
Band Hall

GC Professor of the Year emphasizes relevance in teaching

Marlea Trevino
Viking Sponsor

Grayson College faculty have selected psychology professor Virginia Thompson as Professor of the Year. "I was honored and surprised," confesses the 14-year teaching veteran.

Thompson began her tenure at Grayson teaching developmental writing and reading and GED preparation and then was promoted to Coordinator of the Reading, Writing, and Math Lab. In 2010, she transitioned to a full-time professor position, teaching General Psychology, Psychology of Sexual Behavior, Lifespan Growth and Development, Psychology of Adjustment, and Learning Frameworks.

Thompson considers trying to keep abreast of the rapid changes in technology to be one of the biggest challenges of working with our Grayson students, along with the wide range in students' ages and backgrounds. "In one semester, I might have a student 17 years old and a student 70 years old," she notes.

Thompson feels faculty are at their best when they're emphasizing how their field



of study is relevant to students' lives, not just to their careers, which she admits is easy with psychology. Faculty need to understand "where students are coming from" and appreciate the vast differences between generations then try to meet students on their own levels, at their current abilities and with their current perception of the importance of their education.

For example, in Learning Frameworks Thompson points out to students how individuals with college degrees are typically more employable and make more money over the course of a lifetime than those students without a degree.

Grayson does a good job of trying to meet the needs of all our students, according to Thompson, and both faculty and staff sincerely want students to succeed. As a college, we need to continue, though, to work on "the efficiency of our processes," for example, college website and Blackboard issues, she adds. ♥

College welcomes new hires

All pictured with GC
President J.P. McMillen

Human Resources

(L to R) LaJune Dunlap, HR Specialist; Wanda Huff, Director of HR

Instruction

(L to R) Leon Deutsh, Director of Teaching and Learning; Charisse Meeks, LVN Professor; Beth Ann Wills, Center for Workplace Learning Enrollment Specialist

Maintenance/Facilities

(L to R) Audra Rhudy, Grounds; Kenneth Maxwell, Custodian; Martha Hernandez, Custodian

IT/Library/Athletics

Daniel Crow, Assistant Network Administrator; Andrew Smith, Librarian; Mandi Corbin, Assistant Softball Coach; Shawn Counts, Assistant Baseball Coach

Student Services

(L to R) Regina Organ, VP Student Services; Alisha Danner, Financial Aid Office; Christy Klemiuk, Director of Admissions/Registrar; Val Ray, Academic Advisor; Steve Yi, Financial Aid Office (not pictured: Gary Starr, Veterans Affairs Coordinator)

"Change is good," says Mail Services Manager John NesSmith

Marlea Trevino
Viking Sponsor

As Mail Services Manager, John NesSmith knows just about everything that's going on at Grayson. His typical day includes distributing the mail, answering phones for the campus, helping with directions and answering questions about activities and functions and whether the campus is open.

Over his 10 ½ years serving the college, NesSmith has seen much change, including many upgrades for students, like the TAPPS, the Center for Workplace Learning and Grayson's mission of service to the community.

When he began working at Grayson as the work-

study student of Director of Marketing Shelle Cassell, Grayson's enrollment was between 2,500-3,000 students. This semester it's close to 5,000. "Change is good; I don't focus on bad," NesSmith exclaims, an attitude reflected in how he approaches all the recent administrative personnel changes. With all the new hires and office changes, he advises staff and faculty to "play it by ear" and "get to know each other." His office is here to "help make [that] happen."

Prior to coming to Grayson, NesSmith was unit director at the Southern Oklahoma Resource Center, a state school, in charge of 150 patients and 45 staff members. His duties included

Library announces new spring hours

Main Campus
Sunday 1-5, Monday 7:30 (a.m.)-8:00 (p.m.), Tuesday 7:30-8:00, Wednesday 7:30-8:00, Thursday 7:30-5:00, Friday 7:30-4:00

South Campus
Monday-Thursday 9:00-2:00

GC Employee of the Year shares her work philosophy

Rebecca Jones
Viking Editor

Stacey Jones, Executive Assistant here at GC, has been honored by the faculty as Employee of the Year. In her nearly two years of service to the college, she says she has gained a great deal of knowledge and experience.



"Students from every area of the school show up in my office needing help and each of their concerns are unique," Jones says. The greatest challenge she has met with has been familiarizing herself with the many programs that GC offers in order to best meet their needs.

This goal is extremely important for Jones, who sees her role best utilized as a starting point for positive student experiences. "An effective college employee

does their part in ensuring the business of GC runs efficiently," says Jones, "while remembering the fact that students are the reason we are here and keeping that as the focus of our day."

Jones is not shy when sharing how she feels about GC's strengths. It takes genuine care, she believes, and an active staff willing to work hard for the good of students to accomplish a college's purpose—and GC has just that.

Jones also emphasized the many opportunities that GC provides through clubs, organizations and courses and how participation can increase the rate of success.

"We have something for almost everyone, whether it's a foundation for transfer to a university, a complete education for a new career or improving skills and knowledge for a current job (or even a hobby)," she says.

Many students really begin their GC career in Jones's office—it is here that they start asking questions, begin looking for more opportunities. "It is very exciting to watch and participate in the ever changing and improving environment at GC." ♥

Get to know your new librarian: an interview with Andrew Smith

Rebecca Jones
Viking Editor

Q: You've lived in a few different states (Missouri, Texas, Wisconsin); what made you want to move to Sherman?

A: In the midst of finishing her PhD, my wife Erin was offered and accepted a position teaching media studies at Austin College. We moved here from Columbus, Ohio in July 2012.

Q: Where did you work before you came here?

A: From October 2012 until December 2013, I was a librarian at Texas A&M University - Commerce working on a grant-funded project providing technology training to public library staff and patrons.

Q: How do you feel about GC?

A: Everyone has been so welcoming and supportive, and I've heard nothing but the highest praises for GC as a place to work. I feel very



Smith has Master of Library and Information Science degree from Kent State.

fortunate to be here, and really look forward to becoming a part of the Grayson community and having a positive impact!

Q: How can students and staff relate to you? What are your interests outside of GC?

A: I have a newborn son (born on 3 January), who keeps my plate pretty full at the moment, but I have many hobbies and interests to fill the gaps. I enjoy road cycling, playing tennis, listening to (and collecting) music, drinking strong coffee, brewing my own beer, reading, St. Louis Cardinals baseball (I'm from Missouri originally) and watching TV/movies.

Anything I can do to spend time with my family is my priority! ♥



NesSmith's positivity is contagious: the mail center was all smiles even as this workday drew to a close.

ensuring all patients were taken care of and helping formulate Individual Habitat Plans (IHPs), contributing insights into what was best for the patients and how

to move them into community halfway houses where they could learn to cook, do laundry and become self-sufficient. NesSmith enjoyed seeing the patients progress to become integrated into society instead of stalled in a controlled environment.

Over his next 10 years here at Grayson, NesSmith hopes the college will be able to offer its own print services and that his job evolves into Director of Print and Mail. In the meantime, he attends professional development activities like a recent in-service on how USPS changes will affect Grayson to ensure that his office and the college stay current. "I love change; it's inevitable," says NesSmith. "If we don't change, we don't grow." ♥

GC endorses updated Emergency Response Guide, to oversee active shooter exercise in late February

Andrew MacPherson
Director, Grayson College Police Department and Office of Emergency Management

I wanted to take this opportunity to introduce some of the important safety measures Grayson College has put into place. These programs are designed to provide Grayson College students, employees and visitors with a safe environment to learn, live and work in. The College Police De-

partment and the Office of Emergency Management take great pride in being a proactive partner in this effort to continuously make Grayson College a safer place.

In the Fall of 2013, the Grayson College Executive Council approved the Emergency Response Guide which has been updated. This Guide is available for review and download at www.grayson.edu under the Campus Police/Safety link. The Guide contains perti-

nent information on how students and employees should respond to various types of emergencies.

For the past two years Grayson College has employed GC Alert! as its primary means of notifying the college community of emergency warnings. All students are automatically enrolled into GC Alert! within the first week of each semester. Emergency notifications will be sent via phone, text messages and email. Students may manage

their contact information in the system by going to the College Police website and following the directions for GC Alert!

Grayson College Police Department and Emergency Management Team will be conducted a local full scale exercise revolving around an active shooter on 22 February, 2014. An email will be sent using GC Alert! at the end of January providing more details on the event and how to volunteer for the exercise. Employees and stu-

dents are highly encouraged to participate in this event, as it will assist us in increasing our ability to respond to all emergencies.

The Police Department and the Office of Emergency Management welcomes and encourages input from every aspect of the college community. Please feel free to contact the Police Department at 903-463-8777 or police@grayson.edu. I hope everyone has a great semester! ♥


QiGong Meditation & Yoga

6-7 week series classes

Jan 21—March 6, 2014

Visit: www.sereneharvest.com and like us on Facebook.

Serene Harvest
Art of QiGong, Meditation & Yoga



"Happiness is not a matter of intensity but of balance, order, rhythm and harmony."
— Thomas Merton

Balance health & mind with ancient practices
Enhance your life and wellbeing

CWL at Grayson College, Denison

Registrations and tuition at:

www.cwlgcc.org

or call:

903-463-8653

For additional information visit:

www.sereneharvest.com

Teacher:

Maria Silén

International Advanced QiGong Instructor & Certified Ayurveda Tibetan Yoga Instructor.

Class schedule: Jan 21—March 6, 2014

Mondays, (6-weeks):
4:45- 5:30pm; Meditation
5:30—7pm; DaMo QiGong form, Nel Dan

Tuesdays:
5:30—7pm: Gentle Ayurveda Tibetan Yoga: The Body Sequence

Wednesdays:
4:45— 5:30pm; Meditation
5:30—7pm; Radiant Lotus Women's QiGong

Thursdays:
5:30—7pm: Gentle Ayurveda Tibetan Yoga: The Energy Sequence

Late registration is accepted through 3 February for Tuesday-Thursday classes and 10 February for DaMo QiGong. The price will be reduced. Call the CWL office for special arrangements.

Are you job searching?



Register for Grayson College's online job board at www.collegecentral.com/grayson.

Students and alumni may view job postings from area employers. Remember to check it out frequently to view new opportunities!

Questions: Contact Gretchen Huff, Job Placement Specialist, huffg@grayson.edu or 903-415-2544.

Photography Your Way
By Lauren Hummert

"Photography is more than a medium for factual communication of ideas. It is a creative art."
—Ansel Adams

Have you ever looked at an amazing photograph and wondered if you could do the same thing? Did you purchase an expensive camera and then become stumped by the user manual?

The Center for Workplace Learning at Grayson College has the solution to all of your photographic problems. Photography Your Way is a Saturday morning class that covers the essential basics of photography. Taught by Dale Thoreson, it has received rave reviews from students.

"Mr. Thoreson expanded my knowledge of photography and introduced me to art. I'm not afraid of my camera anymore."


"I now have freedom with my camera. It is no longer a foreign object to me."

With 20 years as a professional commercial photographer in Las Vegas, Nevada, Dale has covered many diverse fields. He teaches "how to accomplish what you want, not what the camera thinks you want."

During the first two sessions, students will learn to turn off the automatic setting and dive into the manual functions. They will also learn several of the other functions their camera has to offer. During the third session, lighting will be discussed. Dale will explain how lighting affects the third dimension, mood and texture in a photograph. Finally, the fourth session will demonstrate composition and how to get the greatest impact with a camera.

Class size is limited. Learn more about Photography Your Way and registration information at www.cwlgcc.org or call 903-463-8765.

Please note this class is specifically for students with SLR cameras.



Math Hub Hours:

Monday-Thursday 8 a.m. - 8 p.m.

Friday 8 a.m. - 2 p.m.

Saturday 10 a.m. - 2 p.m.

Room 113 Success Center

Editorial Information

The Viking is published by Writers Unlimited and Sigma Kappa Delta as an ongoing service project to the college. Participation in the production of The Viking is open to all students, faculty and staff at Grayson College. The newspaper is provided as a forum for public opinion, and views expressed in The Viking do not necessarily reflect the policy of Sigma Kappa Delta, the Board of Trustees, the administration or the faculty and staff at Grayson College. Material for publication may be submitted to The Viking office (LA105E) or through email to Marlea Trevino (TrevinoM@grayson.edu) or Rebecca Jones (jonesre@grayson.edu). Volunteers for production and writing may also visit The Viking office.

It's FAFSA time again

Now that the spring semester is in full swing it's time to prepare for the fall semester if you are returning to school. The Free Application for Federal Student Aid (FAFSA) was released 1 January, 2014.

While we have been doing our best to let students know not to complete the FAFSA yet, we have still had a few questions presented to our office about the 2014-2015 FAFSA. This article is here to help clarify some of the changes and assist in making this year's application for aid as simple as possible.

As mentioned before the Office of Financial Aid (FAO) has been letting students know not to complete the 14-15 FAFSA this soon. Students and, if applicable, parents are encouraged to file their 2013 taxes before completing the FAFSA.

Students and their parents

are able to utilize the IRS Data Retrieval Tool (DRT) to import their tax information to the FAFSA without having to gather any documents to do so. If your taxes filed electronically you can use this tool about 2 weeks after filing and about 6 weeks after you file taxes by paper. The FAFSA will prompt you when the DRT, which is optional, can be used.

To use the DRT you will need to input your filing information and a few 'authentication' items. Using the DRT will save you time and effort as well as decrease the amount of documents the FAO may request.

The Department of Education has streamlined the application process. This can be seen with the IRS DRT mentioned previously, as well as by determining which information the FAO must verify on selected stu-

dents FAFSA's. In the past if a student was selected for verification they were required to turn in a broad spectrum of documentation so the FAO could verify all possible data elements. This method often led to multiple requests for documentation and the frustration of many students.

The Department will continue to pinpoint the exact elements for the FAO to verify and notify the students, this should cut down the amount of paper work students need to turn in as well as the time it takes to verify the applicant's information.

For more information please visit www.FAFSA.ed.gov and www.studentaid.ed.gov. As always, if you have any questions, please contact the Office of Financial Aid at financialaid@grayson.edu or at 903-463-8794. ♥

Student loans: mortgaging your future

Kasey Higgins

The need for a degree, or special training, has become the standard in today's workforce. Fewer and fewer jobs offer training to the new employee. Instead, they are expected to have the necessary knowledge and skills prior to starting the job. However, the cost of college is four times as expensive compared to the cost twenty years ago. But, students have access to different ways to fund their college education, and among these options are student loans, which can be helpful, although they can be abused.

Jeff Scott, a Financial Aid Counselor at Grayson College, said that with the high prices comes a great responsibility to find the best way to acquire those funds. He recommended grants and scholarships as the first option to consider and then to turn to student loans as a funding source. He said that student loans are not bad, and when borrowed responsibly, loans can be very beneficial to students as the fill the gap in funding education.

Sallie Mae Incorporated is a large online company whose area of expertise is in student loans. Martha Holly, a dedicated five-year employee at Sallie Mae Incorporated, agreed with Scott. She recommended students first consider all of the options when paying for college.

"Without the proper planning, student loans seem to be an easy way out of the stress associated with paying for college," the loan specialist said. She has asked every student who has applied through their online and telephone-oriented business if they had already considered every other option before looking into student

loans.

The U.S. Government, particularly the President and his political party, has seen struggling students and have been making an effort during his years in office to lessen the financial burden put upon them. On 9 August, 2013, President Barak Obama signed the Bipartisan Student Loan Certainty Act of 2013 into law. Popularly called "A Win for Students," this law has ensured the interest rates of student loans will be constant and low.

President Obama was quoted as saying, "[Students] will be required to pay only 10 percent of their income on student loans, and all of their debt will be forgiven after 20 years...because in the United States of America, no one should go broke because they chose to go to college."

"He [the President] is being more forgiving to borrowers," said Lee Gravette, a post-college graduate. "We were promised all these great jobs once we got our college degrees, and now that there aren't any waiting for us after we've graduated, Obama is being more lenient on how we pay our student loans back."

Scott explained that the Student Loan Certainty Act sets the student loan interest rates in line with markets based on the 10-year Treasury note and requests studies to determine what the Direct Loan Program has been costing the government, and to forecast future costs. The interest rates of these types of student loans will have justifications as to why they are set at the rates they are, and they cannot increase unnecessarily to cover other costs that the government owes through other programs. He recom-

mends Federal Direct Loans due to their beneficial interest rates and repayment options for students.

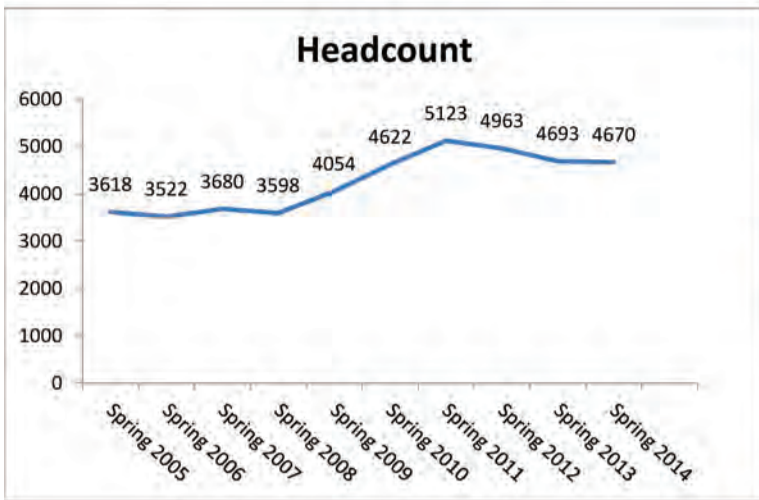
Gravette graduated from Texas Tech University with his Bachelor's Degree in Finance and Accounting. Through his college experience, he paid for all his education-related expenses with Pell Grants, help from his parents and many student loans. Over his four years of college, he borrowed around \$95,000. "They are very dangerous," Gravette said, regarding student loans. "Bottom line: young people see it as easy money. In reality, it is a lot to pay back. This is especially true when you can't get a good-paying job right out of college."

Holly explained that reckless or uneducated borrowing can lead to consequences if students default on their loans. These could include negative impact to credit, failure to gain employment and the loss of other federal financial aid.

Scott's attitude toward impulsive borrowing is similar to those of Gravette and Holly. He added that the default of these loans cannot hurt only the students themselves, but the financial institution where the loans were taken out. One of the primary functions of banks used to be issuing private loans to students for educational purposes. Many have shut down these programs and no longer offer these financial aid services due to too many borrowers defaulting on their loans.

For some people, student loans are the only option to pay for a college degree. Student loan applicants must realize, though, that they are mortgaging their own future and that prudent use of the funds is essential to their long-term success. ♥

GRAYSON COLLEGE STUDENT PROFILE: SPRING 2014



Spring Enrollment Targets	Headcount	Credit Hours	Contact Hours	New Students
Spring 2013	4689	44091	939985	483
Spring 2014	4672	43981	950168	411
Percentage Difference	-0.36%	-0.25%	1.08%	-14.91%

Gender	
Female	61.00%
Male	39.00%

Financial Aid	
Pell Grant	40%
Student Loans	39%
All Financial Aid	77%

Enrollment Status	
Full Time	40.00%
Part Time	60.00%

Ethnicity	
American Indian	2.10%
Asian	1.07%
Black	6.68%
Hawaiian/Pacific Islander	0.15%
Hispanic	12.10%
International	1.54%
Multi Racial	3.72%
Unknown/Not Reported	0.71%
White	71.93%

Age	
< 18	13.00%
18-21	35.00%
22-24	12.00%
25-30	13.00%
31-35	7.50%
36-50	14.88%
51+	4.29%

Classification	
Freshman	64.00%
Sophomore	23.00%
Other	13.00%

Dual Credit	841
First Time In College	286
Fall 2013 Retention	74%
Spring 2013 Retention	44%

Major Type	
Academic Studies	50.10%
Workforce	50.90%

Residency Status	
Foreign Student	1.99%
In-District	71.00%
Nonresident	4.84%
Out-of-District	22.00%
Other	0.02%

*All numbers as of 9:30pm 1/16/2014

Total Number of Courses Offered: 872

Average Class Size: 16.8

% Courses taught by full-time faculty: 65%

Data Sources: POISE/Student Navigator - Office of Planning, Research, Assessment and Accreditation - Prepared by B. Archer, Assistant Director

Welding Rodeo theme announced: "Junkyard Wars, Turning Junk into Art"



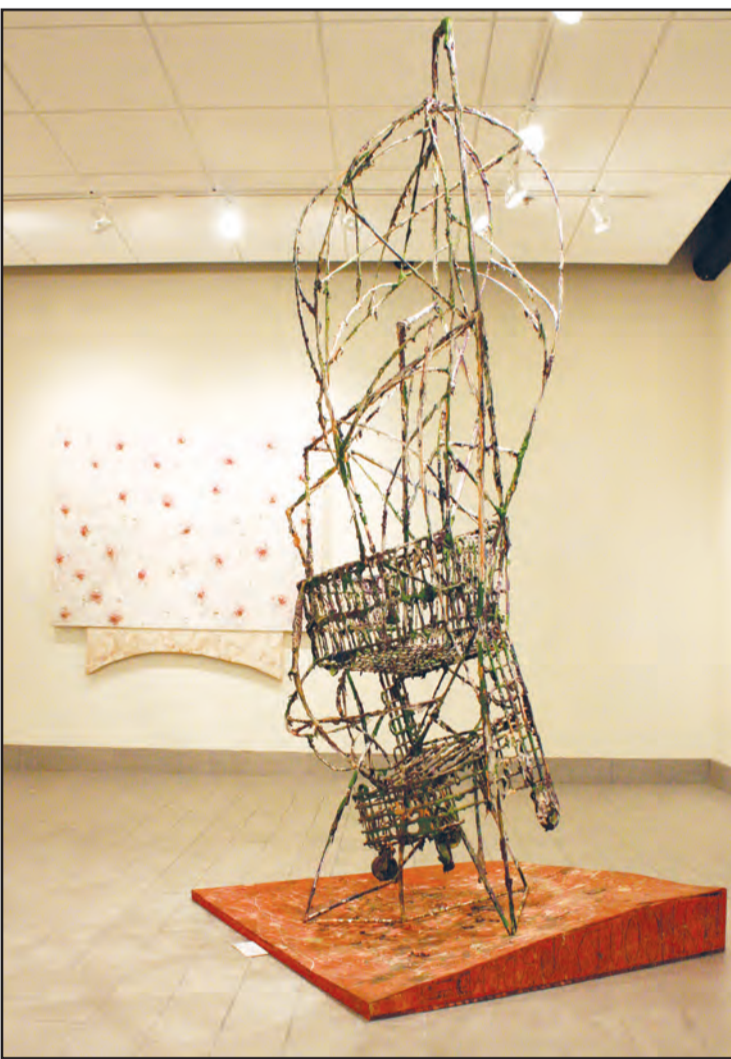
Artist and Grayson alum Chance Dunlap joined Professor of Arts Steve Black and Professor of Welding Greg Beckley in announcing this year's Welding Rodeo theme: "Junkyard Wars, Turning Junk into Art." Black showed students several examples before handing it over to Beckley, who introduced the rules for the event. The Welding Rodeo will take place at Loy Lake Park again this year, Friday, 9 May.

Chance Dunlap's MFA work comes down to prepare for annual black and white exhibit

Rebecca Jones
Viking Editor

GC alum Chance Dunlap's exhibit "Metalicious" closed last week in order to prepare for the gallery's next show: "The Absolute Black & White XIV Exhibit: Dream Weaver."

Dunlap is an MFA candidate for sculpture at the University of North Texas. He describes his work as a "reflection of [his] sensibilities, interests and experiences." Pieces like "Bring Out Your Dead" (right) and "Members Project" (pictured in part below) convey Dunlap's interest in using found objects. "The Absolute Black & White" exhibit opens 7 February.



Spring Cooking Classes

- Basic Cake Baking** \$29
Saturday February 1st 3:30p.m. – 5:30p.m.
Learn the tricks and tips that professional bakers use to make perfect and delicious cakes! This is the first half of a two-part class, however you are not required to take the second class to enjoy this one! Make a cake (or two!) and decorate it the next day!
Chef Merner
- Basic Cake Decorating** \$29
Sunday February 2nd 1:00p.m. – 3:30p.m.
Learn to take your decorating to the next level! Perfecting your basics makes it easy! Buttercream work, piping and fondant basics included! This is second part of a two dayclass, however you are not required to take the baking portion to enjoy this class!
Chef Merner
- Cake for Two!** \$50 per couple or \$30 per person
Tuesday February 11th 6:00p.m. – 8:30p.m.
Perfect for Valentine's Day! Come with your significant other or friend and create a delicious "perfect sized" cake for two, decked out with chocolate covered strawberries, edible glitter and a dash of love!
Chef Merner
- Valentine's Dessert** \$50 per couple or \$30 per person
Wednesday February 12th 7:00p.m. – 9:30p.m.
Learn to wow your sweetheart, and your sweet tooth! Bring your parter, friends or by yourself, and learn to make mini cheesecakes, molten lava cakes, and some surprise treats!
Chef Merner
- That's amore! Italian Food and Wine** \$70 per couple or \$40 per person
Thursday February 13th 6:00p.m. – 8:30p.m.
Get in the mood for love during this two hour Italian cooking class with complimentary wine pairings! We will make your choice of mushroom & truffle/lobster ravioli, fried calamari, and Godiva chocolate crème brulee!
Chef Bryant

New certificate programs available
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Web-based Small Business Development
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Letter from the editor

Rebecca Jones
Viking Editor

Classes are back in session and with almost 5,000 students enrolled this semester (4,581 as of 31 January), the campus is bustling.

Like most students, I am still reeling from my absurd textbook expenses and re-living memories of winter break freedom like it was a long-lost



Internet research. The lab is furnished with seven computers, two printers (one color, one black and white), and one or more tutors on staff. A tutor's job is to help students understand their writing assignments and

complete them to the best of their ability.

In addition to our one-on-one tutoring services, the Writing Center is hoping to once again offer informational workshops on various topics in written communication. This benefits students who would like to improve their skills but are no longer required by their degree program to complete courses in writing competency.

Like most tutors, however, I have waited with great anticipation for the term to begin; I have grown fond of seeing students trickle into the library, eventually finding their way to me in the Writing Center (Lib 110) for a little help with an assignment.

Last semester the Writing Center served students more than 2,000 times, both in person and through our online paper submission service for dual credit students. Assistance offered through the Writing Center includes a wide range of topics in essay writing and formatting, including applications in Microsoft Word and

Grayson College Science Club

Are you interested in (or maybe afraid) of Science? Join us for the first meeting of the new **Science Club!**

The Science Club seeks to:

- ✓Provide a support group for students enrolled in science courses
- ✓Exploring the interdisciplinary aspect of science
- ✓Encourage student involvement in science
- ✓Encourage student involvement in community science activities

Next Meeting:
February 14, 2014
12:15PM in S107



David Mamet's GLENGARRY GLEN ROSS performed in February

Robin Robinson
Director of Drama/Theatre

Grayson College Theatre will perform David Mamet's, Pulitzer Prize winning play, GLENGARRY GLEN ROSS in the Black Box Theatre on 20-22 February at 7:30 p.m.

Christopher Ashley from La Jolla Playhouse wrote: "Winner of the Pulitzer Prize for drama, Glengarry Glen Ross is David Mamet's scorching play about a group of desperate salesmen in a Chicago real estate office.

"When a contest pits the men against each other, they resort to manipulation, bribery and even theft to keep their jobs. The Darwinian struggle that ensues is a stinging indictment of a culture that rewards the strong, punishes the weak and values success above all else. One of the most influential plays of the 20th century, Glengarry Glen Ross shows Mamet at the height of his literary and dramatic powers."

This play has seven characters, all men, and investi-

gates the journey that men will take in order to succeed. Theatre majors Brandon Langston, Cory Taylor, Dakkota Foster, Gabe Parker, Aaron Hogue, Alex Watkins and JT Medders have the privilege to portray these roles.

This play is a good choice for the theatre department for several reasons. First, David Mamet's style and approach has influenced stage and film. He is famous for his "Mamet speak" which means he writes in the way people really speak. He is known for writing plays about male issues and writes plays from a male perspective. "Since we have so many men in our theatre department this year, we felt like this was a great choice", states Robin Robinson.

GC Theatre tries to pick a diverse season with different genres for our students to learn from. Last semester with BLACK SNOW, they learned about expressionism, presentational performance and Russian theatre. Later this semester with PI-

NOCCHIO, they will perform for young audiences. GLENGARRY GLEN ROSS allows the actors to work on three dimensional characters, realism and to experience "Mamet."

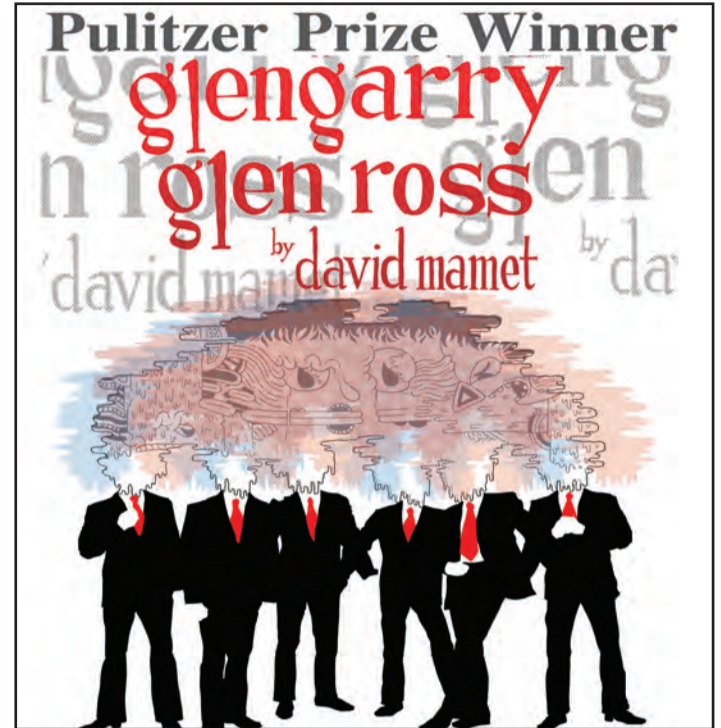
The venue for this play is the Black Box Theatre, which is inside the Arts and Communication Building. The first act takes place in a Chinese Restaurant and the characters mainly sit and talk, so the proximity to the stage will work well for this play since it is an intimate space. The audience will be close to the action since the theatre only seats 75 people for this show. Reservations are recommended.

David Mamet is known for using graphic language in his plays. "Even though this play has a lot of 'language' in it, it is a wonderful Pulitzer Prize winning play that is the kind of challenge we want our theatre majors to experience" states Tenna Matthews. "Not many freshman and sophomores can say they have 'done Mamet' and this play will allow our

students to grow as actors and as technicians" said Robin Robinson.

Audiences have loved this show for years. There have been film versions of this play as well as revivals on Broadway. It is a drama that deals with the struggle and desperation that business men experience when they are trying to sell real estate, make a living and try to stay on top.

If audiences are ready for a contemporary, fast-paced drama, this Pulitzer Prize winning play is a great opportunity. For more information contact the GC Theatre department at 903-463-8609 or email theatre@grayson.edu. There is no admission for this play. No one under 17 will be allowed due to the graphic language used in this play. ♥



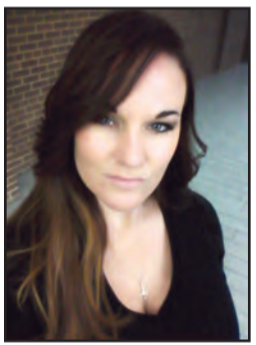
Let's Cook Tex-Mex!	\$29 per person
Tuesday March 4th 6:00p.m. - 8:00p.m. Get ready to come to the fiesta! We will be cooking a few classic Tex-Mex favorites in this 2 hour class! Sour cream chicken enchiladas, tamales with green chili sauce, and flan! Chef Bryant	
Kid's Easter Egg Dying Class	\$12 per person
Saturday April 19th 10:00a.m. - 11:30p.m. Kids of all ages will get to learn a lot of fun ways to dye and decorate eggs using many different techniques, a lot of colors, stickers, and glitter! Chef Bryant	
Easter Bunny Cake	\$29 per person
Saturday April 19th 1:00p.m. - 3:30p.m. The perfect dessert and centerpiece for Easter Brunch! Learn how to make an Easter Bunny shaped cake and Easter Basket Cupcakes! Chef Merner	
Dream Breakfast Party!	\$29 per person
Saturday May 3rd 1:00p.m. - 3:30p.m. Breakfast is the most important meal of the day so why not make it the tastiest? Learn a perfect muffin recipe, how to make crepes, made from scratch biscuits, and more! Chef Merner	
Intermediate Fondant Work	\$39 per person
Saturday May 10th 1:00p.m. - 3:30p.m. You've made your cakes and learned basic decorating; now it is time to take it to the next level! Work on basic flowers, cut out shapes, ball borders, and more! Chef Merner	

Grayson College Culinary Arts is pleased to announce our "Just for Fun" CE courses for this spring! Sign-up can be found at the Center for Workplace Learning at <http://www.cwlgcc.org/>

Grayson staff member semi-finalist in National Amateur Poetry Contest

Marlea Trevino
Viking Sponsor

Jamie Wagoner, Grayson's Program Assistant for Fine Arts, is a semi-finalist in the National Amateur Poetry Competition sponsored by Eber and Wein Publishing of New Freedom, Pennsylvania. Her poem "Divinely Damaged"



(see the December Viking) will appear in the multi-volume series Across the Way. The Viking regularly publishes poems by Wagoner, and she is a member of the "Writers Unlimited/Sigma

Kappa Delta" club at the college. Her son Princeton was the inspiration for "Divinely Damaged, which she wrote after receiving a troubling letter from him. "I write better when I am dealing with hard situation," explains Wagoner, "so my inspiration is normally trying to find some meaning behind the obstacles that I am facing at that time."

Wagoner enjoys writing short stories in addition to poetry and is currently working on a book she started a couple of years ago that she hopes to have published.

The Writing Center

CIS 102 here

Library here

Still Open Thursday 5 p.m. - 8 p.m. @ the CIS 102

Knowledge and visions

Kay Dishner
Writing Center
Asst. Coordinator

We need to know what happened in the past to understand our world today and our place in it in order to create the future. We need to know how to express our thoughts appropriately in words on paper, as well as words we speak in everyday life, using the medium of the English language for success in America, both academi-

cally and in the workplace.

Finally, we need to know how to use numbers to express basic life skills needed to handle our finances, know how to interpret current news regarding national, state and local budget finances, as well as world news critical to our lives.

Helping students make sense of what they learn as they learn it will allow them to move forward on a steady path; we make sense of what we learn by connecting it

to what we already know. The more knowledge we accumulate through focus and experience, the more we have available to make the connection with new knowledge in our memory and the more steps forward we make because more and more makes sense to us.

All of your knowledge and experience are the components of critical thinking skills. The more you know, the better choices you will make in the course of your everyday life. In other words, we are always choosing

based on what we know... we live our life out of what we know. And whatever critical thinking skills are needed in order to live the way we choose will always be based on what we have learned and used through the years of education and experience in our life.

No one, from the Pope to the President, knows how to do anything they didn't learn how to do. Everyone has to assimilate knowledge about anything they wish to do; in other words, learn how. So, the more skill sets you have

in your survival kit, the better off you will be.

When you broaden your knowledge, you broaden your world and your possibilities. The more you know about anything or anyone, the better you will recognize and appreciate another whole realm of life you have never thought of before. So, knowledge is the key to living your life the way you want to live it. The more you know, the broader your visions will be and the power to realize them into your life. ♥

Day to day with E.S.R.D., end stage renal disease

Michael Rains

Fortunately, I have not been infected with anything that is permanent: aside from the kidney disease from which I suffer, F.S.G.S.(Focal Segmental Glomerulo-Sclerosis), I was only on hemodialysis long enough for the catheter in my abdomen to heal sufficiently to allow peritoneal dialysis to begin.

Hemodialysis works by removing the patient's blood and pumping it through an external-artificial kidney called a "dialyzer." This process is performed over a period of 4-5 hours, three times a week. While this form of dialysis treatment is efficient, and relatively easy to perform, it leaves the patient feeling very tired and lethargic for several hours after treatment. Hemodialysis can also

cause nausea, which can be very difficult to control, and compounds the complexity of maintaining proper nutrition. Hemodialysis is extremely hard on the heart, due to the lowering of blood pressure during treatment, which forces the heart to work much harder to maintain sufficient pressure to conduct the treatment. If the patient's blood pressure becomes too low, the patient will become unable to maintain consciousness, and the treatment must be paused to allow for blood thinners to be introduced and begin their effect.

Once the blood pressure is elevated to a sufficient level, treatment can resume. Hemodialysis has another less noted impact on patients: the psychological impact of seeing the blood of life being removed from their body and processed through a fil-

ter and pumped back into them. I am at a loss for words to explain how strange this process feels. It is the same blood that they arrived with but, when the sight of the blood being pumped into their arms confront them, it is difficult to accept as a normalcy of life.

Peritoneal dialysis is another, far less intrusive method of treating renal failure. I say less intrusive only because there is no contact with the blood, yet the entire peritoneal cavity is exposed to a chemical solution as a way to use osmosis to leach or soak-up excess fluids and toxins like a sponge.

After the solution has been allowed to dwell in the peritoneal cavity for a specified amount of time, it is removed and replenished with fresh solution, flushing the waste and excess fluids from the body in the process.

Although this treatment process is much less harmful to the heart, and far less stressful to the health of the patient, peritoneal dialysis is much more time consuming, requiring eight to ten hours per day and much more involvement in the patient's own care. Due primarily to the amount of time that is needed to conduct treatments, most peritoneal dialysis patients receive treatment in the home.

The training for the patient is compressed into a few weeks, and the equipment is portable and easily prepared for the treatment process. The supplies are delivered to the patient's home and are ordered over the telephone. The patient then becomes stabilized and can resume the course of life to which he or she aspires.

ing the extent of restrictions being a renal patient

Continued from December Issue

places on one's life, is very difficult to accept. The leading causes of end stage renal disease are diabetes and hypertension or high blood pressure. Although there are numerous causation factors, high blood pressure is the most ambiguous of causes. Over a period of several years, the damage is slowly compounded until the complete failure of renal function is inescapable.

There is hope! With early detection, rapid advancements in medical technology and aggressive therapeutic treatment of the disease at the earliest possible onset, patients have lived for decades on dialysis. The success of the treatment is largely due to the attitude of the patient and their willingness to continue to fight the good fight.

To be concluded in March issue

Operation Smile visits Ghana, volunteers promote health and hygiene

Victoria Sicking
Peace Corps Volunteer



Operation Smile is an organization that provides free surgeries for people with cleft lip and palate. Surgeons, nurses, photographers, organizers, and entertainers from all over the world participate in Op Smile missions around the globe every year.

Several Peace Corps volunteers, including myself, had the opportunity to work with them as they worked to complete yet another mission in Ghana. Close to 200 patients along with one family member for each patient

made their way up to Ghana's northern regional capital, Tamale. The surgeries are completely free for the patients.

Transportation, food, and shelter for the 12 days of screening, surgery and recovery are also paid for by Op Smile. Our main job was to organize the patients at

the shelter and their food along with entertainment. For the first few days, each patient is screened to see if they are suitable candidates for the surgery. Exactly half of our patients were denied the surgery based on health conditions, cases that were not related to cleft and severe cases that required more recovery time than they could offer.

During this screening process most of the patients and family members are just waiting for their name to be called. That's where we came in! We organized activities to teach health and hygiene, nutrition, malaria preven-

tion and small income generating activities like bee keeping.

Aside from having the opportunity to interact with each of the patients, we also had the chance to view some surgeries. Each day we were bombarded with unique experiences. We were able to meet people from all over the globe who had given up their time and their comfortable salaries to serve others. We were also part of providing life changing surgeries and free health care for those who desperately wanted it.

These are opportunities we never have at our sites

and it shed a refreshing light on our overall experience in Ghana. The most memorable moment of my week occurred when I was able to watch an older woman see her new face after some large growths were removed from her face, neck and ear. She could not stop staring at herself, touching her face and smiling. She was beautiful.

Giving of your time and expecting nothing in return is a gift we seldom give and it is one of the greatest gifts to receive. Find opportunities to give of yourself, it might just change someone's life. ♥

Study Abroad in Costa Rica



Plan ahead for Summer 1, 2014

Earn up to 6 hours of foreign language credit in Spanish while living in Costa Rica. Beginning and Intermediate course credit.

First meeting, Thursday, November 7, 2013 at 7:30 p.m. Liberal Arts Bldg, room 108. If not able to attend, contact Mary Yetta McKelva at 903-463-8623 or mckelvam@grayson.edu

Check out THE VIKING in full color online

<http://www.grayson.edu/college-info/theviking.aspx>
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Grayson homepage > "College Info" > "The Viking"

SICK ESSAY?

Symptoms Include: "Writer's Block," spelling or grammatical errors, slang terms, toe-tapping frustration...



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Library 110
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The Commedia Pinocchio

by Lane Riosley

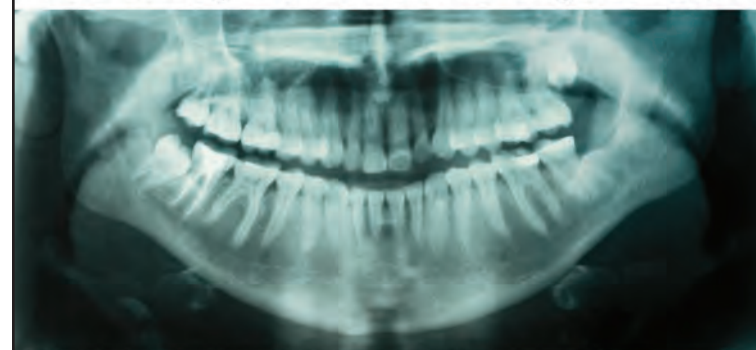
April 30 @ 10am
May 1 @ 10am, 1pm
May 2 @ 10am
May 3 @ 7pm

903-463-8609
theatre@grayson.edu
Tickets \$1

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contact Rebecca Jones (jonesre@grayson.edu) or Marlea Trevino (trevinom@grayson.edu) for more info